

STOMACH ON FIRE

ONLY A SKELETON CROUCHING BY A STOVE.

Mrs. Doherty has an Extraordinary Experience and Undergoes a Marvelous Change.

Mrs. E. Doherty, of No. 115 Coates street, Moberly, Mo., is today a picture of robust health, and yet five years ago, she barely escaped death from progressive emaciation. To a reporter she told the following story:

"In 1896 I began to have distressing attacks of indigestion that continued for two years. My stomach was constantly sore and burned as if it was on fire. It became finally so delicate that it would not retain even plain water. My inability to take food reduced my weight to ninety-eight pounds, and faintness and dizziness kept me in bed most of the time. I was really starving to death and besides I was extremely nervous. The doctor was perplexed. He gave me tonics which did me no good, and prescribed exercise which I was too weak to attempt.

"One day when I was so faint and chilled that I could do nothing but crouch down on the floor by the fire, my father brought me a box of Dr. Williams' Pink Pills for Pale People. I found on trial that they would stay on my stomach unlike everything else. I really felt better after three doses and I kept on using them. Food began to taste well and to stay down. The pain and the burning in the pit of my stomach lessened and at last went away altogether. My weight began to increase until it reached 165 pounds and my neighbors, who were convinced that I was wasting to death before, were astonished at the change. I resumed my housework and have hardly had occasion to call a doctor since. I have recommended Dr. Williams' Pink Pills to several friends, and I say to the pale, thin ones particularly, 'If you want to get strong and well take Dr. Williams' Pink Pills for Pale People.'"

These pills cure stomach trouble by their tonic action, building up the digestive organs and enabling them to do the work that nature intended them to do. They are sold by all dealers, or will be sent postpaid on receipt of price, fifty cents a box or six boxes for two dollars and a half, by addressing Dr. Williams Medicine Co., Schenectady, N. Y. A diet book giving useful information will be sent free on request.

Demands Cooking Grates.

The British government committee on physical deterioration recommends a law requiring every dwelling or portion of a dwelling occupied by a single family to have a grate suitable for cooking.

WANTED.—For the U. S. Army, able-bodied unmarried men, between ages of 21 and 35; citizens of United States, of good character and temperate habits, who can speak, read and write English. For information apply to Recruiting Officer, Postoffice building, Oklahoma City, Okla., or Tulsa, Ind. Ter., Elmd., Shawnee or Guthrie, Okla.

Rubber Stamps, Notarial Seals, Checks, Stencils and Badges.

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Joint property of the two Methodisms. Intends to be thorough in scholarship and helpful and religious in spirit. Ten head professors, the majority of whom have taught in such universities as Northwestern, Vanderbilt, Ann Arbor, Chicago, Columbia, Lehigh and Stanford, devote their time to the college of liberal arts. Full corps of instructors in Academy and Music, Education and Art. Large campus of forty-two acres beautifully situated. Modern buildings. Physical, Chemical and Biological Laboratories. The first session begins September 7, 1904. Address: President R. B. McSwain, Oklahoma, Okla.

Strawberry and Vegetable Dealers

The Passenger Department of the Illinois Central Railroad Company have recently issued a publication known as Circular No. 12, in which is described the

best territory in this country

for the growing of early strawberries and early vegetables. Every dealer in such products should address a postal card to the undersigned at Dubuque, Iowa, requesting a copy of "Circular No. 12."

J. F. MEKRY, Asst. Gen'l Pass'r Agent.

HORTICULTURE



Fruit Shippers' Association.

W. H. Owen, president of a co-operative fruit shippers' association in Ohio, in a talk to Ontario fruit men, said: Peach-shipping associations have been operated with more or less success throughout the peach belt of Michigan and Ohio, but in shipping in carload lots, although complying with rigid rules laid down by the association, there was an objectionable feature to the trade, and that was the lack of uniformity of grades and packing. To be more explicit on this point, you have all probably visited some of the various markets during the peach season, and have noticed the very great difference prevailing in grades of different packs. That is, some packers' B or XX grades were just as good as some other packers' A or XXX grade. Therefore, the grade marks of the general run of consigned fruit, where not put up by one set of hands, as a rule, are not of very great assistance to the purchaser, and he still is obliged to resort to his own judgment and eyesight in his selections. Now, for a shipper to make up a carload of this indiscriminate packing of fruit, where it is packed by many growers, each contributor having a different way and idea of how peaches should be packed and the kind of packages used—conceding that they are all honestly packed—how is the shipper going to bill that indiscriminate lot of fruit, and can he warrant the packing? This serious objection of lack of uniformity confronted the Michigan fruit growers, and has resulted in the adoption of the central packing house system by their principal association. This system was originated and established in the peach industry at Catawba Island, Ohio, in 1891, and it has resulted in untold savings and benefits to the peach grower wherever the system has been adopted. The mere shipping association, where each grower prepares his own fruit and delivers it to the association, by which it is shipped with other packs and packages, either in carload or local shipments, is a step in advance over the old or individual method of shipment; but the central packing house system is a much greater step in advance over the mere shipping association. The old adage of, "In union there is strength," is most aptly exemplified through the many advantages that may be attained through an organization of fruit growers, organized for the purpose of bettering their conditions in shipping and marketing their fruit. The many discouraging problems that confront the grower in the satisfactory marketing of his product, I believe, are satisfactorily solved through the adoption of the central packing house system. At least, such has been my observation through the management of such a company for the past twelve years.

Where orchards have been planted too closely the only way to improve conditions is to cut out every other row and then thin the limbs of the trees where needed. An orchard so treated will frequently produce more and better fruit than it did before the cutting out of half of the trees.

Uniformity in fruit packing is desired, as buyers are constantly looking for uniform packing instead of un-uniform packing. The buyer does not know what price he can afford to pay for a consignment that is not uniform and so pays the smallest possible price.

About 70 per cent of the peach crop is raised by the following states: New York, Pennsylvania, Ohio, Virginia, Illinois, Michigan, Indiana, Missouri, and New Jersey.



Young women may avoid much sickness and pain, says Miss Alma Pratt, if they will only have faith in the use of Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I feel it my duty to tell all young women how much Lydia E. Pinkham's wonderful Vegetable Compound has done for me. I was completely run down, unable to attend school, and did not care for any kind of society, but now I feel like a new person, and have gained seven pounds of flesh in three months.

"I recommend it to all young women who suffer from female weakness."—Miss ALMA PRATT, Holly, Mich.

FREE MEDICAL ADVICE TO YOUNG GIRLS.

All young girls at this period of life are earnestly invited to write Mrs. Pinkham for advice; she has guided in a motherly way hundreds of young women; her advice is freely and cheerfully given, and her address is Lynn, Mass.

Judging from the letters she is receiving from so many young girls Mrs. Pinkham believes that our girls are often pushed altogether too near the limit of their endurance nowadays in our public schools and seminaries.

Nothing is allowed to interfere with studies, the girl must be pushed to the front and graduated with honor; often physical collapse follows, and it takes years to recover the lost vitality,—often it is never recovered.

A Young Chicago Girl Saved from Despair.

"DEAR MRS. PINKHAM:—I wish to thank you for the help and benefit I have received through the use of Lydia E. Pinkham's Vegetable Compound and Liver Pills. When I was about seventeen years old I suddenly seemed to lose my usual good health and vitality. Father said I studied too hard, but the doctor thought different and prescribed tonics, which I took by the quart without relief. Reading one day in the paper of Mrs. Pinkham's great cures, and finding the symptoms described answered mine, I decided I would give Lydia E. Pinkham's Vegetable Compound a trial. I did not say a word to the doctor; I bought it myself, and took it according to directions regularly for two months, and I found that I gradually improved, and that all pains left me, and I was my old self once more. — LILLIE E. SINCLAIR, 17 E. 22d St., Chicago Ill."

Lydia E. Pinkham's Vegetable Compound is the one sure remedy to be relied upon at this important period in a young girl's life; with it she can go through with courage and safety the work she must accomplish, and fortify her physical well being so that her future life may be insured against sickness and suffering.

\$5000 FORFEIT If we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Medicine Co., Lynn, Mass.

L. HAYNES BUXTON, M. D. EDWIN F. DAVIS, M. D.
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